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IntroDrink Launches Comprehensive Guide to Support Immune Health Through Magnesium Supplementation

July 15, 2026

Zurich, Zurich - July 15, 2026 -

IntroDrink, the Swiss premium natural supplements retailer, has released a comprehensive educational resource addressing the widespread issue of magnesium deficiency and its impact on overall health and fitness performance. The new guide provides Swiss consumers with evidence-based information on optimal magnesium supplementation for immune system support, athletic recovery, and general wellness.

The IntroDrink magnesium guide highlights that despite magnesium being involved in over 300 enzymatic reactions in the body, studies indicate a significant portion of the Swiss population fails to meet the recommended daily intake of 300-400 mg established by the Swiss Society for Nutrition. This deficiency can manifest through various symptoms including muscle cramps, fatigue, sleep disturbances, and compromised immune function.

The educational resource emphasizes the critical role magnesium plays in muscle function, nervous system regulation, energy metabolism, and bone health. For athletes and fitness enthusiasts, adequate magnesium

intake proves particularly crucial for optimal performance and recovery. The guide details how magnesium citrate offers superior bioavailability for oral supplementation, while transdermal application through magnesium oil spray provides targeted relief for muscle tension and cramps.

Understanding the different forms of magnesium and their bioavailability helps consumers make informed decisions about their supplementation choices, the company says. Magnesium citrate stands out for its excellent absorption rate and stomach tolerance, making it ideal for daily supplementation, while magnesium oil offers athletes a direct application method for addressing muscle recovery needs.

The timing of magnesium supplementation also matters significantly. Evening intake promotes relaxation and improved sleep quality, supporting the body's natural recovery processes. The guide recommends maintaining at least a two-hour gap between magnesium and calcium supplements to optimize absorption of both minerals.

IntroDrink fitness nutrition offerings now include enhanced magnesium formulations designed to meet the specific needs of active individuals. The company has observed increasing demand for science-backed mineral supplements as Swiss consumers become more educated about the connection between micronutrient status and overall health outcomes.

The guide also addresses the synergistic relationship between magnesium and vitamin B6, which enhances magnesium absorption when taken together. This combination approach reflects the company's commitment to providing comprehensive nutritional solutions based on current scientific understanding.

For individuals experiencing persistent symptoms of magnesium deficiency, the resource emphasizes the importance of consistent supplementation with high-quality products. Regular intake of the appropriate form of magnesium can help restore optimal levels and support various bodily functions from immune response to athletic performance.

IntroDrink specializes in premium natural supplements, vitamins, superfoods, and natural cosmetics through its Swiss online platform at introdrink.ch. The company focuses on providing high-quality, scientifically validated products with optimal bioavailability, serving the growing Swiss market for natural health solutions. Their product range spans immune support, fitness nutrition, beauty supplements, detox formulations, and relaxation aids, all sourced from premium natural ingredients and subjected to rigorous quality testing.

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For more information about IntroDrink.ch, contact the company here: [IntroDrink.chkontakt](mailto:IntroDrink.chkontakt@introdrink.ch) (at) introdrink.chkontakt@introdrink.ch

IntroDrink.ch

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